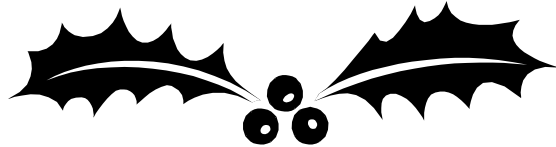


Heart Healthy Holiday Recipes





This cookbook is
the brainchild of
Jeanine Swygman,
One of the dedicated providers
At the Portland VA Medical Center



Remember: Eat, drink and be merry, but keep in mind your health!



A Note From the Editor:

High blood pressure is one of the leading causes of stroke, heart disease, and kidney damage in the United States. The good news is that there are many ways that high blood pressure can be treated. In addition to high blood pressure medications, there are lifestyle choices you can make to help lower your blood pressure if it is high. Diet plays a large part in the lifestyle changes.

We encourage you to:

- ✓ Eat foods low in sodium
- ✓ Get your blood pressure checked regularly
- ✓ If you smoke-stop
- ✓ Exercise daily-30 minutes of walking or moving
- ✓ Limit alcohol intake
- ✓ Lose a moderate amount of weight if overweight
- ✓ Eat a diet high in vegetables and low in animal fats
- ✓ Eat foods high in minerals like low fat dairy food, legumes, nuts and seeds.

This cookbook, is our way to help.

Heart Healthy recipes used in this cookbook are recipes that are low in fat and low in sodium. Some “healthy” recipes refer to lower fat content while other focus only on sodium. Be a wise consumer and read the nutrition facts.

Your specific diet restrictions may not fit with all of these recipes. Be sure to talk with your provider or dietitian about any questions you have about your dietary restrictions.

The nutritional facts will help you decide if the recipe is right for your needs.

Recipes Provided by:

Dick Logue and His Web Site Low Sodium Cooking

7855 Evarie Drive
La Plata MD 20646

The VA would like to thank Dick Logue for the copywriters permission granted. For more information, or recipes please check out LowSodiumCooking.com

National Heart, Lung, and Blood Institute

National Institutes of Health
9000 Rockville Pike
Bethesda, MD 20892
<http://www.nhlbi.nih.gov>

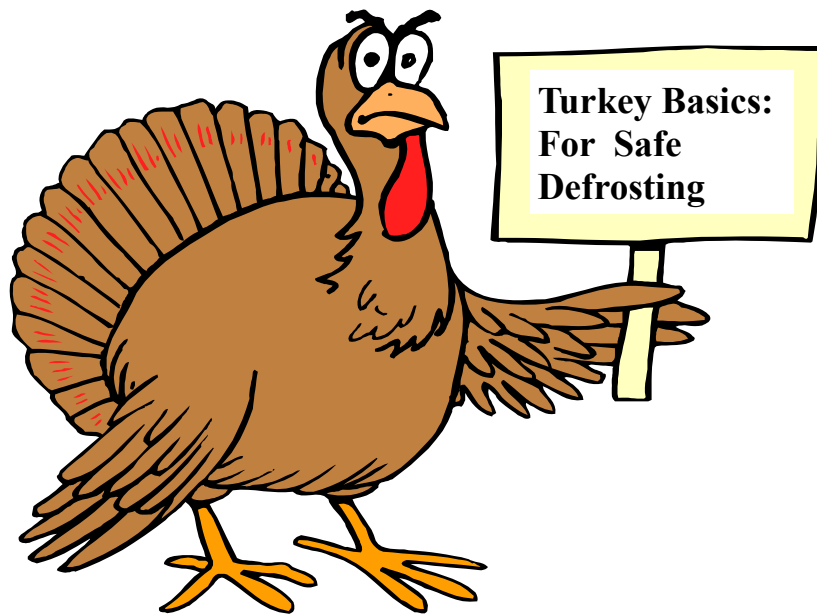
Department of Veteran Affairs Medical Center

Patient Education Department
Po Box 1034
Portland, OR 97207
<http://www.portland.med.va.gov/Education/PatientEd>



Index of Recipes

Titles	Page #s
Turkey Basics: For Safe Defrosting	2
Turkey Basics: Safe Cooking	3
Roasting Instructions For Safety and Doneness:	4
Herbed Roast Turkey	5
Saute`ed Collard Greens	6
Broccoli Walnut Salad	7
Roasted Garlic Mashed Potatoes	8
Green Bean Casserole	9
Caribbean Sweet Potatoes	10
Cajun Style Sweet Potatoes	11
Stuffing Bread	12
Farmhouse White Bread	13
Brown Gravy Mix	14
Condensed Cream Of Mushroom Soup	15
Classic Macaroni and Cheese	16
Hoppin' John Black-eyed Peas	17
Easy No-Crust Apple Pie	18
Pumpkin Pie Filling	19
Apple Pie Filling	20
Mock Southern Sweet Potato Pie	21
Sugar cookies	22
Pie Crust	23
Hot Mulled Cider	24
Tomato Juice	24
Seasoned Un-salt	25
Cajun Blend	25
Jerk Seasoning	26
Seafood Seasoning	26



"The Big Thaw"

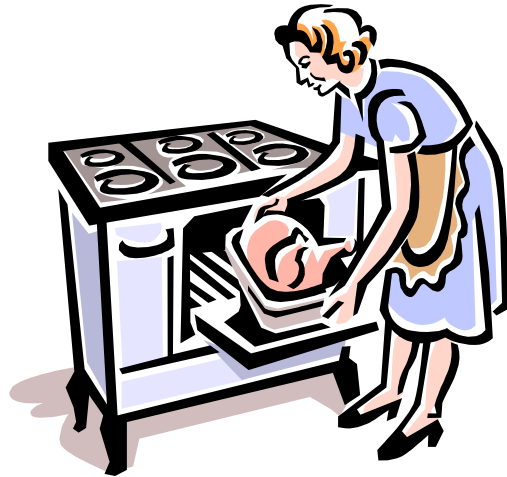
Turkeys must be kept at a safe temperature during thawing. While frozen, a turkey is safe indefinitely. However, if the turkey is allowed to thaw at a temperature above 40 °F, any harmful bacteria that may have been present before freezing can begin to grow again unless proper thawing methods are used.

A package of frozen meat or poultry thawing on the counter longer than 2 hours is not safe. Even though the center of the package may still be frozen, the outer layer of the food is in the "danger zone," between 40 and 140 °F. The danger zone is a temperature range where harmful bacteria multiply rapidly.

There are three safe ways to defrost food:

- 1. in the refrigerator**
- 2. in cold water**
- 3. in the microwave.**

Turkey Basics: Safe Cooking



Turkeys Are Cooking Faster Than Before, **but "timing's not everything."** Recommended cooking techniques must also be followed. A meat thermometer should be used to ensure a sufficient internal temperature has been reached to destroy bacteria and prevent foodborne illness -- as well as to prevent overcooking.

Many variables can affect the roasting time of the whole bird:

- A partially frozen bird requires longer cooking.
- Dark roasting pans cook faster than shiny metals.
- The depth and size of the pan can reduce heat circulation to all areas of the bird.
- The use of a foil tent for the entire time can slow cooking.
- Use of the roasting pan's lid speeds cooking.
- An oven cooking bag can accelerate cooking time.
- A stuffed bird takes longer to cook.
- Oven may heat food unevenly.
- Calibration of the oven's thermostat may be inaccurate.
- The rack position can have an effect on even cooking and heat circulation.
- A turkey or its pan may be too large for the oven, thus blocking heat circulation.

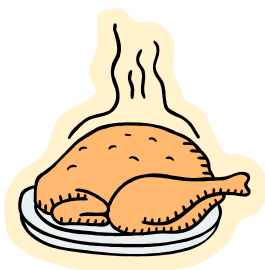
Roasting Instructions For Safety and Doneness:

These tips provided by Center for Disease Control and National Institute of Health in their campaign for holiday safety

1. **Set the oven temperature no lower than 325 °F.** Preheating is not necessary.
2. **Be sure the turkey is completely thawed.** Times are based on fresh or completely thawed frozen birds at a refrigerator temperature of 40 °F or below.
3. **Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2 1/2 inches deep.**

Optional steps:

- Add 1/2 cup water to the bottom of the pan.
 - In the beginning, a tent of aluminum foil may be placed loosely over the breast of the turkey for the first 1 to 1 1/2 hours, then removed for browning. Or, a tent of foil may be placed over the turkey after the turkey has reached the desired golden brown.
4. **Mix ingredients just before stuffing a turkey; stuff loosely.** Additional time is required for the turkey and stuffing to reach a safe internal temperature. Cook stuffing in a casserole, if a meat thermometer is not available.
 5. **For safety and doneness, the internal temperature should be checked with a meat thermometer.** The temperature must reach 180 °F in the thigh of a whole turkey (center of the stuffing should reach 165 °F) before removing it from the oven. Cook a turkey breast to 170 °F.
 6. **Juices should be clear.** In the absence of a meat thermometer, pierce the turkey with a fork in several places; juices should be clear with no trace of pink.
 7. **Let the bird stand 20 minutes before removing stuffing and carving.**



Herbed Roast Turkey

1 whole 12 to 14 lb turkey
1/2 cup rosemary sprigs, fresh
1/2 cup sage leaves, fresh
1 apple, quartered
1 stalk celery, halved
1 onion, halved
1/2 cup butter, melted

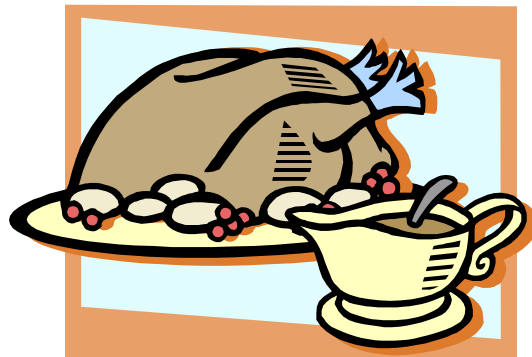
Remove giblets and neck from turkey; reserve for other uses if desired. Rinse turkey with cold water and pat dry.

Loosen skin from the turkey breast a bit, not totally detaching. Place rosemary and sage under skin then smooth skin over herbs and back into place.

Place apple, celery and onion into the neck cavity. Place the turkey breast side up on a rack in a shallow roasting pan and brush with melted butter. Cover turkey loosely with a "tent" of aluminum foil.

Bake at 325 degrees until meat thermometer registers about 180 degrees. This should take from 3 1/2 to 4 hours but begin checking after 3 hours. Remove turkey and let stand 15 minutes before carving. Serve with gravy.

Tip: Kosher and fresh birds have less sodium than most frozen turkeys.



Sautéed Collard Greens

1 Tbsp canola oil
3 cloves garlic, minced
1 1/2 pounds coarsely chopped collard greens, stems and large veins removed
1/2 cup water
Splash of balsamic vinegar (optional)
Freshly ground black pepper to taste (optional)

1. Heat the oil in a wide sauté pan over medium heat.
2. Add the garlic, stir, and add the collards (you may have to add the collards in batches to allow some to wilt before all will fit in the pan).
3. Add the water and stir occasionally until the collards are bright green and tender.
4. If desired, add a splash of balsamic vinegar and pepper to taste.

Makes 4 servings. Serving size: 1 cup.

Nutrition Facts

Per Serving:

Calories	84
Sodium	35 mg
Total fat	4 g
Calcium	251 mg
Saturated fat	0 g
Magnesium	16 mg
Cholesterol	0 mg
Potassium	296 mg
Carbohydrates	10 g
Fiber	6 g



Broccoli Walnut Salad

3 cups roughly chopped broccoli florets
1/2 medium head cauliflower, roughly chopped
1 cup raisins
3/4 cup chopped onions
1 small red bell pepper, seeded and thinly sliced
1/2 cup chopped walnuts
1/4 cup red wine vinegar
1/4 cup olive oil
6 to 12 large lettuce leaves
2 beefsteak tomatoes, cut into wedges

1. In a large mixing bowl, combine the broccoli, cauliflower, raisins, onions, bell pepper, and walnuts.
2. In a separate bowl, whisk together the vinegar and olive oil.
3. Toss with the combined salad ingredients and serve on lettuce leaves with tomato wedges.

Makes 6 servings.

Serving size: 1 1/3 cup.

Nutrition Facts

Per Serving:

Calories	271
Sodium	37 mg
Total fat	16 g
Calcium	68 mg
Saturated fat	2 g
Magnesium	55 mg
Cholesterol	0 mg
Potassium	728 mg
Carbohydrates	32 g
Fiber	6 g



Roasted Garlic Mashed Potatoes

These make a flavorful addition to any meal.

4 Red Potatoes, Cubed
1/2 t Garlic
2 T Unsalted Butter
2 T Cream Cheese
1/4 c Skim Milk
1 T Fresh Parsley
1 t Chives

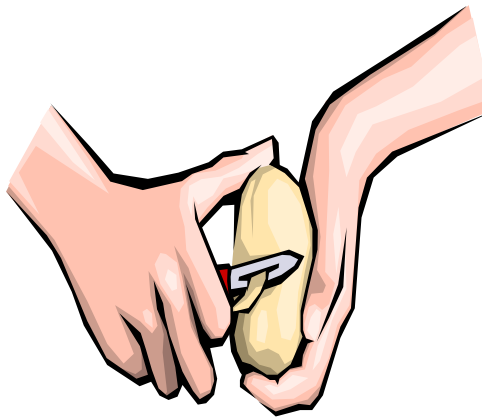
Cube the potatoes (you may peel them or leave unpeeled). Place in a saucepan of water, bring to a boil, and simmer until they are soft, but not mushy. Drain very well. Place potatoes in a large mixing bowl; add garlic, butter, milk, cream cheese. Beat until desired consistency, adding more milk if needed, then add the chives and parsley and mix well.

Nutrition Facts

Servings Per Recipe 4

Serving Size 1/4 of recipe

Calories	198
Calories from Fat	76
Total Fat	8 g
Saturated Fat	5 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	24 mg
Sodium	44 mg
Potassium	377 mg
Carbohydrates	28 g
Dietary Fiber	4.4 g
Protein	6 g



Green Bean Casserole

We've reduced the sodium a lot by substituting regular onions for the French's fried onions in the casserole itself, only using French's for the crunchy topping, and using homemade cream of mushroom soup. If you try to use the Campbell's Low Sodium Cream of Mushroom Soup your casserole will be watery.

Reason: Campbell's is ready to eat and not condensed.

1/4 c Skim Milk

1/8 t Pepper

1/2 c Onion, Chopped

2 T Oil

10 oz low sodium Cream Of Mushroom Soup (see page 15 for Recipe)

18 oz Frozen Green beans

1/2 c French's Fried Onions

Sauté onions in oil until tender. Combine all ingredients except fried onions in a 1 1/2 quart casserole. Bake at 350 for 30 minutes. Sprinkle onions on top. Bake 5 minutes longer.

Nutrition Facts

Servings Per Recipe 6

Serving Size 1/6 of casserole

Calories 117

Calories from Fat 67

Total Fat 7 g

Saturated Fat 1 g

Polyunsaturated Fat 4 g

Monounsaturated Fat 2 g

Cholesterol 1 mg

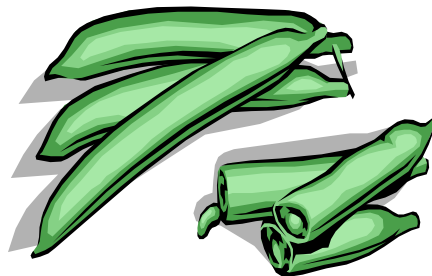
Sodium 35 mg

Potassium 242 mg

Carbohydrates 11 g

Dietary Fiber 3.3 g

Protein 3 g



Caribbean Sweet Potatoes

A slightly spicy, different way to serve sweet potatoes.

2 Sweet Potatoes, Peeled And Cubed

1 t Oil

1/4 c Red Bell Peppers, Chopped

1/4 c Onion, Chopped

1/4 c Brown Sugar

1/4 c Orange Juice

2 t Lime Juice

1 1/2 t Jerk Seasoning (see Page 26 for recipe)

Cook sweet potatoes in boiling water until just tender. Drain well. Heat oil in large skillet. Add sweet potatoes, peppers and onions to pan and mix well. Allow vegetables to caramelize in pan. Combine sugar, juices and seasonings in a small bowl. Add juice mixture to pan with vegetables and cook over medium heat to reduce liquid until syrupy.

Nutrition Facts

Servings Per Recipe 4

Serving Size 1/4 skillet

Calories 155

Calories from Fat 13

Total Fat 1 g

Saturated Fat 0 g

Polyunsaturated Fat 1 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

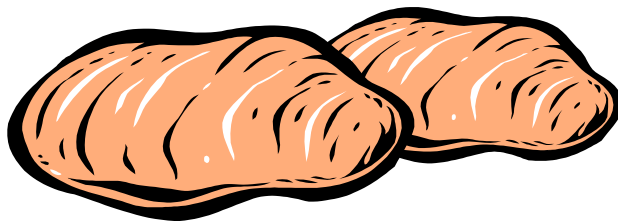
Sodium 16 mg

Potassium 251 mg

Carbohydrates 35 g

Dietary Fiber 1.8 g

Protein 2 g



Cajun Style Sweet Potatoes

This is great recipe for sweet potatoes with a Cajun twist.

2 Sweet Potatoes
1 1/2 t Paprika
1 t Brown Sugar
1/4 t Onion Powder
1/4 t Black Pepper
1/4 t Thyme
1/4 t Rosemary
1/4 t Garlic Powder
1/8 t Cayenne
1 1/2 t Olive Oil

Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together paprika, brown sugar, black pepper, onion powder, thyme, rosemary, garlic powder, and cayenne pepper. Slice the sweet potatoes in half lengthwise. Brush each half with olive oil. Rub the seasoning mix over the cut surface of each half. Place sweet potatoes on a baking sheet, or in a shallow pan. Bake in preheated oven until tender, or about 1 hour.

Nutrition Facts

Servings Per Recipe 4

Serving Size 1/2 potato

Calories	103
Calories from Fat	18
Total Fat	2 g
Saturated Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	11 mg
Potassium	170 mg
Carbohydrates	20 g
Dietary Fiber	1.6 g
Protein	1 g



Stuffing Bread

I use this one to make stuffing for the Thanksgiving turkey, or whenever we want some with a roast chicken. It also makes great sandwiches with leftover chicken or turkey.

1 1/4 c Water
1 T Unsalted Margarine
3 1/4 c Bread Flour
2 T Sugar
1/2 t Tarragon
1/4 t Rosemary
1 t Poultry Seasoning
1/2 t Parsley
1/2 t Minced Onion
1 3/4 t Yeast

Place ingredients in bread machine in order listed. Process on large white loaf cycle.

Nutrition Facts

Servings Per Recipe 12

Serving Size 1 slice

Calories	375
Calories from Fat	36
Total Fat	4 g
Saturated Fat	1 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	4 mg
Sodium	15 mg
Potassium	299 mg
Carbohydrates	72 g
Dietary Fiber	2.8 g
Protein	13 g



Farmhouse White Bread

The sesame seeds give this white bread a nice little something extra. Makes great toast.

1 c Skim Milk
1/4 c Egg Substitute
2 T Unsalted Margarine
1 1/2 T Sugar
1 1/2 t Yeast
3 c Bread Flour
2 T Sesame Seeds

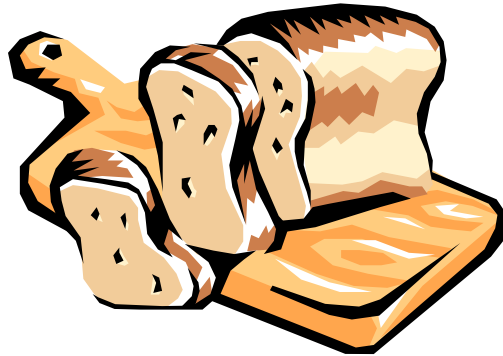
Place all ingredients except sesame seeds in bread machine. Process on white bread cycle. Add the seeds at the beep or 10 minutes before kneading is done.

Nutrition Facts

Servings Per Recipe 12

Serving Size 1 slice

Calories	166
Calories from Fat	28
Total Fat	3 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	22 mg
Potassium	104 mg
Carbohydrates	28 g
Dietary Fiber	1.1 g
Protein	6 g



Brown Gravy Mix

Yes, it says instant coffee. Don't be afraid, it doesn't really make it taste all that weird. And it certainly does give it that nice brown color.

1 2/3 c Cornstarch
6 T Low Sodium Beef Bouillon
4 t Instant Coffee Crystals
2 t Onion Powder
1 t Garlic Powder
1/2 t Black Pepper
1/2 t Paprika

Combine all ingredients and store in an airtight container. To make gravy, measure 3 tablespoons mix into a saucepan. Add 1 1/2 cups water. Bring to a boil and simmer 1 minute.

Nutrition Facts

Servings Per Recipe 24

Serving Size 1 Tablespoon *

Calories	35
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	2 mg
Potassium	6 mg
Carbohydrates	8 g
Dietary Fiber	0.1 g
Protein	0 g



* If you eat more than one tablespoon of gravy make sure you add those calories and sodium grams. Buy one get one free does not work in your new lifestyle.

Condensed Cream Of Mushroom Soup

This makes approximately as much as a regular can of condensed cream soup and can be used in any recipe that calls for condensed cream soup. It can also be made in larger quantities to freeze. Use homemade chicken broth, to further reduce the sodium. To make ready to eat cream soup, just double the chicken broth and the milk amounts.

1 c Mushrooms, Sliced
1/2 c Onion, Chopped
1/2 c Low Sodium Chicken Broth
1 T Parsley
1/4 t Garlic Powder
2/3 c Non Fat, Liquid Non Dairy Creamer*
2 T Cornstarch

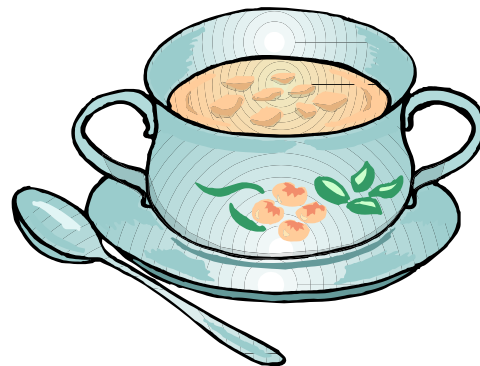
Cook mushrooms, onion and spices in the chicken broth until soft. Process in a blender or food processor until well pureed. Shake together creamer and cornstarch until dissolved. Cook and stir until thick. Stir in pureed mixture and remove from heat.

Nutrition Facts

Servings Per Recipe 6

Serving Size 1/6 of recipe

Calories	39
Calories from Fat	2
Total Fat	0 g
Saturated Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	18 mg
Potassium	69 mg
Carbohydrates	6 g
Dietary Fiber	0.4 g
Protein	1 g



*I prefer the creamer for this because it makes a thicker, creamier soup than skim milk. You can also use broccoli or celery instead of mushrooms.

Classic Macaroni and Cheese

Pre heat oven to 350 degrees

This recipe proves that you don't have to give up your favorite dishes to eat heart healthy meals!

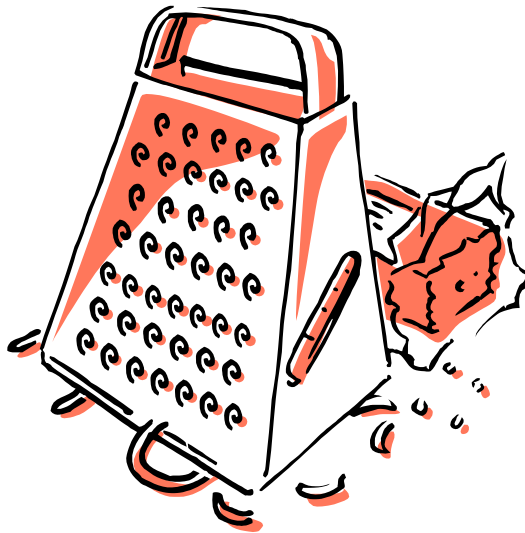
2 C Macaroni
½ C Onions, chopped
½ C Evaporated skim milk
1 Medium egg, beaten
¼ t Black Pepper
1¼ C Low fat Sharp Cheddar Cheese, Finely shredded
(This is about equal to 4 oz.)

Cook Macaroni noodles according to directions **do not add salt to the cooking water**. Drain and set aside. Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes.

Combine macaroni, onions, and the rest of the ingredients, then mix thoroughly. Transfer mixture to a casserole dish that has been sprayed with cooking spray. Bake for 25 minutes or until bubbly with browned edges. Let stand for 10 minutes before serving.

Nutrition Facts
Servings Per Recipe 8
Serving Size ½ cup

Calories: 200
Total Fat: 4g
Saturated Fat: 2g
Cholesterol: 34 mg
Sodium: 120 mg
Total Fiber 1g
Protein: 11g
Carbohydrates: 29g
Potassium: 119 mg



Hoppin' John Black-eyed Peas

OK, how many of you had your black-eyed peas on New Year's Day for good luck? This recipe not only gives you the “lucky” peas, it’s also a variation of the traditional southern way of eating them (no salt pork allowed) and I like the combination of herbs and spices.

1 lb Ground Beef
1 Ea Onion
1 c Celery, Chopped
1/2 lb Black Eyed Peas
1 t Basil
1 t Bay Leaf
1/4 t Hot Pepper Sauce
1 t Sodium Free Bouillon
1/2 c Water
1/2 c Low Sodium Tomato Juice
1 c Rice

Cook black eyed peas using package directions until almost done. **Do not add salt to the cooking water.** Drain. Brown ground beef and onion in a large skillet or Dutch oven. Add peas, herbs and spices, bouillon, water and juice. Simmer until liquid is almost absorbed, about 15 minutes. Remove bay leaf. Stir in rice or serve mixture over rice.

Nutrition Facts

Servings Per Recipe 8

Serving Size 1 /2 cup

Calories	207
Calories from Fat	86
Total Fat	10 g
Saturated Fat	4 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	46 mg
Sodium	59 mg
Potassium	413 mg
Carbohydrates	14 g
Dietary Fiber	2.2 g
Protein	16 g



Easy No-Crust Apple Pie

Kate sent along this recipe for an easy apple dessert a few weeks ago and I just got around to trying it. It's as good as she said it was. And as she pointed out, for those of us who don't like to peel apples it doesn't take as many as a "real" apple pie.

4 Apples, Peeled And Sliced, 2 Golden Delicious And 2 Macintosh
1 T Sugar
1 t Cinnamon
3/4 c Unsalted Margarine, Melted
1/2 c Sugar
1/4 c Egg Substitute
1/2 t Sodium Free Baking Powder
1 c Flour

Slice the apples, put in a bowl. Add cinnamon and tablespoon of sugar and mix well. Dump into a greased (I use the Canola spray) 10" glass pie plate. In the same bowl beat the egg, add: melted margarine, 1/2 Cup sugar, baking powder and flour. Pour over apples (it'll be thick, so I actually put little spoonfuls all over to make sure it all gets covered). Bake at 350 degrees for 40-45 minutes until golden brown and a toothpick inserted comes out clean.

Nutrition Facts

Servings Per Recipe 8

Serving Size 1 slice

Calories	306
Calories from Fat	158
Total Fat	18 g
Saturated Fat	3 g
Polyunsaturated Fat	6 g
Monounsaturated Fat	8 g
Cholesterol	0 mg
Sodium	15 mg
Potassium	153 mg
Carbohydrates	36 g
Dietary Fiber	1.8 g
Protein	3 g



Pumpkin Pie Filling

This is the creamiest, best flavored pumpkin pie filling I've ever tried. You can bake this as a pumpkin custard and skip the fat and carbohydrates in the crust. Just pour it into oven proof custard cups or soup bowls that have been sprayed with vegetable oil spray. No custard cups? What about oven proof coffee mugs and serve it right in the mug.

1 3/4 c Pumpkin, Cooked And Pureed (canned has sodium)
1/2 c Brown Sugar
1/2 c Sugar
2 T Maple Syrup
1/2 c Sour Cream
1/2 c Half & Half
1/2 c Egg Substitute
1 t Cinnamon
1/2 t Ground Ginger
1/8 t Ground Cloves

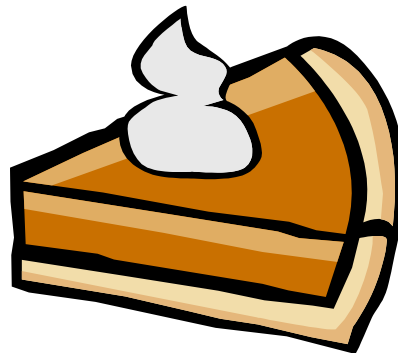
Preheat oven to 425. Dump all the ingredients into a blender and pulse until thoroughly combined. Pour the mixture into greased custard cups or ovenproof soup bowls, or unbaked pie shell. If you use a crust don't forget to include it in your total. Bake for 15 minutes at 425, then reduce heat to 350 and bake for 45 minutes, or until set. Allow to cool for 1 hour before serving.

Nutrition Facts (For filling only)

Servings Per Recipe 8

Serving Size 1 slice

Calories	196
Calories from Fat	49
Total Fat	5 g
Saturated Fat	3 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	12 mg
Sodium	48 mg
Potassium	264 mg
Carbohydrates	35 g
Dietary Fiber	1.7 g
Protein	3 g



Apple Pie Filling

This is a simple, yet delicious filling. Make the pie crust recipe on page 23.

3/4 c Sugar
2 T Flour
1 t Cinnamon
1/8 t Nutmeg
6 c Apples, Sliced And Peeled
2 T Unsalted Margarine

Combine sugar, flour, cinnamon, and nutmeg. Mix with apples. Heap in pastry lined 9 inch pie plate. Dot with margarine. If you use a crust don't forget to include its nutrition in your total. You can make it with just a top crust*. Add top crust and seal edges. Cut vents in top. Bake at 425 until crust is browned and apples are tender, 50 to 60 minutes.

Yield: 8 Servings

Nutrition Facts (For filling only)

Servings Per Recipe 8

Serving Size 1 slice

Calories	153
Calories from Fat	28
Total Fat	3 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	0 mg
Potassium	98 mg
Carbohydrates	33 g
Dietary Fiber	1.8 g
Protein	0 g



*Crust has it's own calories and sodium. If you add a top and bottom crust you need to double what you add for the crust.

Mock Southern Sweet Potato Pie

The crust:

1 1/4 C Flour
1/4 t Sugar
1/3 C Skim Milk
2 T Vegetable oil

The filling:

1/4 C White Sugar
1/4 C Brown Sugar
1/2 t Salt
1/4 t Nutmeg
3 Large Eggs (Beaten)
1/4 C Canned Evaporated Skim Milk
1 t Vanilla Extract
3 C Sweet Potatoes (Cooked and Mashed)

Preheat oven to 350 degrees

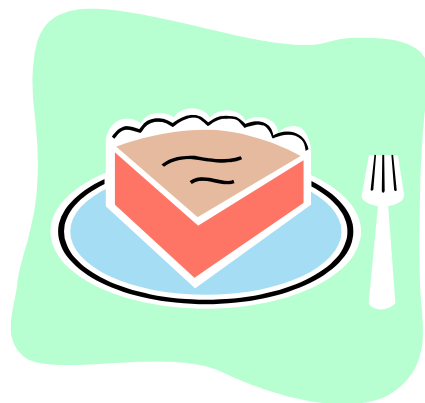
Combine flour and sugar in a bowl. Add milk and oil to the flour mixture. Stir with fork until well mixed. Then form into smooth ball of pastry with your hands. Slightly flatten ball and place between two 12-inch Squares of waxed paper. Roll until pastry reaches the edge of the waxed paper. Peel Off top paper and place a 9-inch pie plate on top of the crust then flip over and peel off the second waxed paper sheet and cut to fit pan. Set aside until pie filling is done. Combine in a bowl the sugars, salt, nutmeg and eggs until smooth. Add milk, vanilla, and well-mashed sweet potatoes then mix well. Pour mixture into the pie shell you had set aside. Bake pie for 60 minutes or until crust is golden brown. Cool, before cutting and serving.

Nutrition Facts:

Servings Per Recipe 16

Serving size 1 slice

Calories: 147
Total Fat: 3g
Saturated fat: 1g
Cholesterol: 40 mg
Sodium: 98 mg
Total Fiber: 2g
Protein: 4g
Carbohydrates: 27g
Potassium: 293 mg



Sugar cookies

Another family favorite. Easier to make the rolled sugar cookies and I like the way the center stays soft.

2 1/2 c Flour
2 t Cream of Tartar
2 t Sodium Free Baking Soda
1 c Unsalted Margarine
1 t Vanilla
1 c Sugar
1/2 c Egg Substitute

Stir together dry ingredients. Cream margarine, vanilla and sugar until light. Add eggs and beat well. Add dry ingredients in several additions, mixing well after each. Chill 1 hour. Shape dough into 1 inch balls and place 2 1/2 inches apart on greased baking sheet. Flatten with the bottom of a drinking glass dipped in sugar. Sprinkle with colored sugar if desired. Bake at 375 for 8 minutes or until golden. Remove to racks to cool.

Nutrition Facts

Servings Per Recipe 60

Serving Size 1 cookie

Calories	61
Calories from Fat	28
Total Fat	3 g
Saturated Fat	1 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	4 mg
Potassium	30 mg
Carbohydrates	7 g
Dietary Fiber	0.1g
Protein	1 g



Pie Crust

Makes 2- 9" pie crusts (keeps well in refrigerator for up to 7 days)

This was the best crust recipe I found. Some were good on fat and called “heart healthy” but their sodium levels were really high. That is a good reminder that you need to be very careful when things are labeled as “Heart Healthy” and the same goes for “low carb” claims.

Sift together and set aside.

2 c flour

1 and 1/2 t sugar

Mix until milky looking

1/2 c canola oil

1/4 c water

1/4 tsp lemon juice

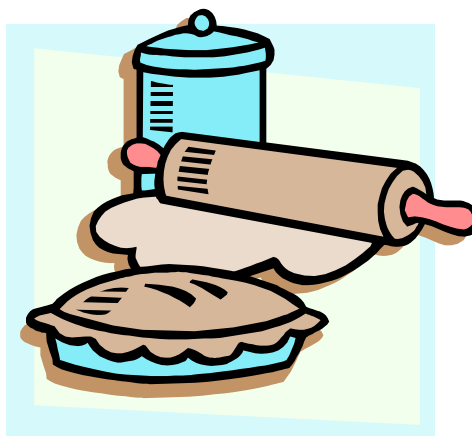
Spoon liquid over flour and work in. Add 2-3T water to make dough hold together. Once mixed, form into a ball and let it rest a minute or so. Cut the ball in half. Roll out between two sheets of waxed paper. Then peel back the top sheet and flip the crust into the pie pan. Remove the second sheet once you have it laid out where you want it in the pan. Bake according to pie recipe you are using.

Nutrition Facts

Servings Per Recipe 8

Serving Size 1 slice (based on a single crust pie)

Calories	118.4
Calories from Fat	65
Total Fat	7. g
Saturated Fat	0.5 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	4g
Cholesterol	0 mg
Sodium	0 mg
Potassium	0.1 mg
Carbohydrates	12 g
Dietary Fiber	0.5 g
Protein	1.5 g



Hot Mulled Cider

There are plenty of cold days when you can enjoy this drink.

1 gallon Apple Cider
1 c Brown Sugar
9 Whole Cloves
9 Whole Allspice
4 Cinnamon
2 Lemon, Thickly Sliced

Combine the apple cider and the brown sugar in a large kettle. Tie the cloves, allspice and cinnamon in cheesecloth and place in kettle. Simmer the mixture for 5 minutes. Discard the spice bag. Serve the cider in mugs and float a lemon slice in each.

Yield: 16 Servings
Sodium Category: Very Low Sodium



Tomato Juice

Tomato juice recipe uses no salt added tomato paste. I made some of this and it is thick and tasty.

6 oz Tomato Paste, No Salt Added
1 1/2 c Water
1 T Tabasco

Blend and chill.
Yield: 4 Servings

Sodium Category: Very Low Sodium



Seasoned Un-salt

This blend comes close to the flavor in the typical seasoned salt blends like Lowry's, without the sodium. Use it anywhere seasoned salt is called for or when you want to give food a little extra flavor. I like it in soups and egg dishes.

1 t Chili Powder
1/4 t Celery Seed
1/2 t Nutmeg
1/2 t Coriander
1 t Onion Powder
1 t Paprika
1/4 t Garlic Powder
1 t Turmeric

Mix together. Store in an airtight container.

Yield: 24 Servings

Sodium Category: Sodium Free



Cajun Blend

Add a little Cajun flavor to your favorite dishes.

1 T Paprika
2 1/2 t Dried Onion Flakes
2 t Minced Garlic
1 1/2 t Thyme
1 t Marjoram
1/2 t Fennel
1 t Cumin
1/2 t Cayenne

Mix well and store in an airtight container.

Yield: 24 Servings

Sodium Category: Sodium Free

Jerk Seasoning

Not as hot as some jerk seasonings you may have had, but hot enough to be interesting.

1 T Onion Flakes
1 T Onion Powder
2 t Thyme
1 t Ground Allspice
1/4 t Nutmeg
1/4 t Cinnamon
2 t Sugar
1 t Black Pepper
1 t Cayenne
2 t Dried Chives



Mix together all the ingredients. Store in a tightly closed glass jar.

Yield: 12 Servings

Sodium Category: Sodium Free

Seafood Seasoning

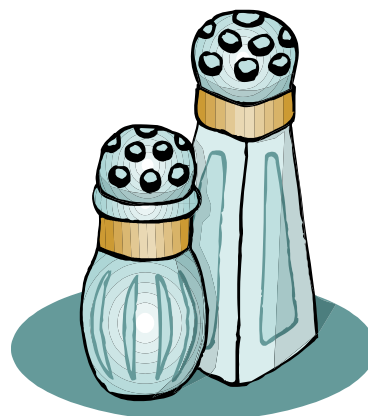
Seafood means steamed, with Old Bay Seasoning or the locally produced equivalent from the local seafood market. Only trouble is Old Bay contains 330 mg of sodium per 1/2 teaspoon. So next time you want some steamed seafood, try our low sodium taste alike.

1 T Celery Seed
1 T Black Pepper
6 Bay Leaf, Ground
1/2 t Cardamom
1/2 t Dry Mustard
1/8 t Cloves, Ground
1 t Paprika
1/4 t Mace

Combine ingredients. Store in an airtight container.

Yield: 16 Servings

Sodium Category: Sodium Free



10 Ways to Maintain your Healthy Eating Over the Holidays

1. **Plan ahead:** If you know you will be eating in a holiday or party setting, make smart choices before the party. Have a snack at home, such as a piece of fruit. Go sodium free for a day before a Party.
2. **Just a taste:** Be selective and choose foods you really want. Often just a taste will satisfy cravings. Remember to socialize away from the food to decrease nibbling.
3. **Conversation is calorie free:** Take the time to meet and enjoy people. Join the festivities and remember that the holidays are a celebration of family and friends.
4. **Drink to your health:** Limit high calorie beverages such as eggnog, champagne, wine and alcoholic drinks. Try sparkling water, juice or one of our drinks instead. Alcohol increases the appetite and blood pressure, not to mention those extra calories.
5. **Burn it up!** After a holiday meal take a walk. Walking burns calories and helps deal with holiday stress. Invite family or friends to walk with you. Turn this into your new healthy family tradition.
6. **Watch the sweets:** don't keep desserts in your house during the holidays. Allow yourself one treat at each gathering and enjoy it without guilt!
7. **Eat slowly:** Take time at holiday meals to taste the food and enjoy the company.
8. **Listen to your stomach:** Stop eating before you feel stuffed. Wait 30 minutes before going back for seconds, and only if you are still hungry.
9. **Position yourself away from the snack food:** Avoid sitting or standing near snack foods while at gatherings, where you may be more likely to snack. Choose low calorie, low sodium snacks whenever possible such as vegetables or fruits.
10. **Don't be a Grinch:** Forget the "all or nothing" mindset. Depriving yourself of special foods or feeling guilty when you enjoy them isn't part of a healthy eating strategy, and it's not part of the holiday spirit! Enjoy special foods in small portions and truly taste and savor them!